

## Introduction

As a parent of a college student, you should be informed on sleep and what might make it challenge your child for awhile. Just know that it is a normal thing for new students to have a difficult time sleeping and it can take some time for adjustment. I have asked many people around the dorm and through multiple studies done by institutes

## Research

- Sadigh, M., Himmanen, S., & Scepansky, J. (2014). ERIC
- Buboltz Jr, W. C., Brown, F., & Soper, B. (2001). Sleep Habits and Patterns of College Students: A Preliminary Study. *Journal Of American College Health*, 50(3), 131.

## When do Students Sleep at Night and what Keeps Them Up



Adam Capodanno

What you should know about your child's sleep in school and what can help them

## Data

Around 70% of students are sleep deprived

One of the main contributors is stress and anxiety

Other contributors are classwork and social life

Many students go to bed after midnight, with the majority going to sleep between 1 and 2 in the morning

## My Findings

Many students stay up through the night to do many things

These include:

- Video games
- Homework, studying
- Socializing
- And other activities throughout the night

People tend to stay up at night to relax after a long day but it can be detrimental the next day

Without sleep it is hard to focus through your classes, problems appear to be harder and you have less of a drive to work

## Conclusion

The best thing you can do though to help your child sleep is for them to find a way to manage their stress

There are a few ways of doing this, including :

- working out
- meditating
- socializing (not late at night)
- and hobbies

So when it comes down to it, just make sure to you talk to your kids to make sure everything is going well